

Refreshing Chicken Salad

Ingredients:

- ♣ 2 Cups Cooked Rice, Cooled to Room Temperature
- ♣ 1 1/2 Cups Cooked Chicken Breast Cubes
- ♣ 1/4 Cup Tightly Packed Fresh Parsley
- ♣ 8 oz. Plain Non-Fat Yogurt
- ♣ 2 Cups Cantaloupe, Diced
- ♣ 1/4 Cup Tightly Packed Fresh Mint Leaves
- ♣ 1 Clove Garlic, Halved
- ♣ Lettuce Leaves

Preparation Time: 2+ hours

Directions:

Combine rice, cantaloupe, and chicken in large bowl. Place knife blade in food processor; add mint, parsley, and garlic. Cover, process until finely chopped Transfer to small bowl; add yogurt and blend. Add to rice mixture and toss lightly. Chill 2 hours. Serve on lettuce leaves.

Serves: 4 people

Nutrition:

285 calories

3 grams fat

saturated fat

42 milligrams cholesterol

96 mg sodium

1 gram fiber

This recipe provides 1 fruit and vegetable serving per person.